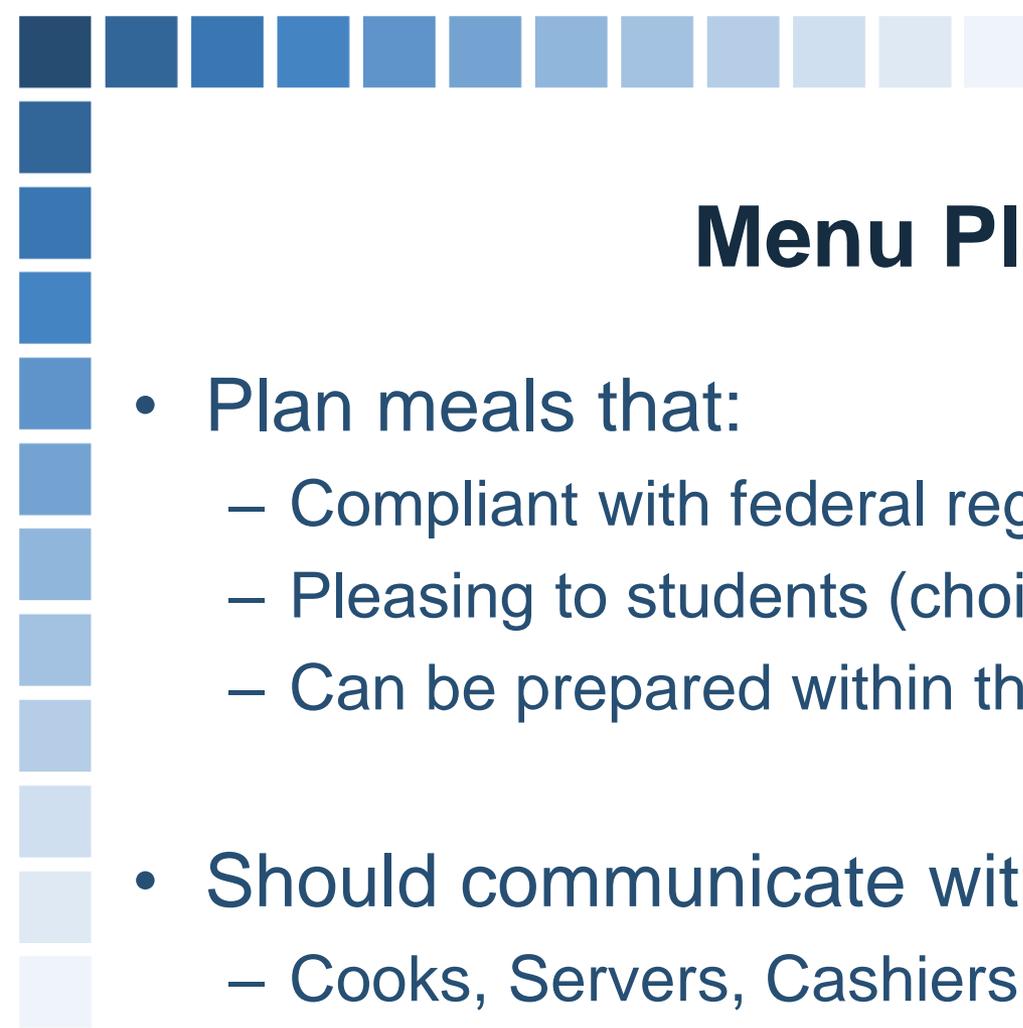




Meal Pattern Requirements

Maine Department of Education
Child Nutrition Programs



Menu Planner

- Plan meals that:
 - Compliant with federal regulations
 - Pleasing to students (choices, cultural diversity,...)
 - Can be prepared within the limits of the operation
- Should communicate with:
 - Cooks, Servers, Cashiers so they understand how the meal is reimbursable

Menu Planning: Grade Groups

- K-5, 6-8, 9-12
- Average calories per week requirements

	K-5	6-8	9-12
Breakfast Average Calories/week	350-500	400-550	450-600
Lunch Average Calories/week	550-650	600-700	750-850

Menu Planning: Grade Groups

- K-5, 6-8, 9-12
- Average sodium per week requirements - SY24

	K-5	6-8	9-12
Breakfast Average Calories/week	≤540 mg	≤600 mg	≤640 mg
Lunch Average Calories/week	≤1110 mg	≤1225 mg	≤1280 mg

Food Based Menu Planning

- Food components
 - Five food groups that comprise a reimbursable meal
 - Grains
 - Meat/meat alternates
 - Fruits
 - Vegetables
 - Fluid Milk
 - Minimum required amounts



Lunch (NSLP) Meal Pattern

5 Required Meal Components for Lunch:

- Fluid Milk
- Fruit
- Vegetables
- Grain
- Meat/Meat Alternate



Breakfast (SBP) Meal Pattern

3 Required Meal Components for Breakfast

- Fruit
- Grain
- Fluid Milk



Fruit Component

- Fresh, Frozen, Canned, Dried, or 100% Juice
- Canned - 100% fruit, packed in light syrup, 100% juice, or water
- Juice - pasteurized, 100% juice, no more than half the fruit component requirement for the week.
- Dried - $\frac{1}{4}$ cup = $\frac{1}{2}$ cup serving
- Required at Breakfast and Lunch



Fruit Component: Lunch

- Offered daily & weekly minimum quantities
- Students may select more than the minimum serving



Fruit (cups)

	<u>Daily</u>	<u>Weekly</u>
Grades K-5	½ cup	2 ½ cups
Grades 6-8	½ cup	2 ½ cups
Grades 9-12	1 cup	5 cups

Fruit Component Activity: Lunch

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	½ cup Grapes	½ cup kiwi	½ cup orange slices	¼ cup craisins	½ cup apple slices
9-12	¼ cup applesauce	½ cup peaches	½ cup strawberries	½ cup banana	¼ cup craisins
	¼ cup fruit cocktail	½ cup orange wedges	½ cup grapes	4 oz Orange Juice	½ cup apple slices

Review the fruit options offered for lunch.

Does the amount of fruit offered meet the fruit component criteria for lunch?

Fruit Component: Breakfast

- Offered daily & weekly minimum quantities
- Students may select more than the minimum serving



Fruit (cups)

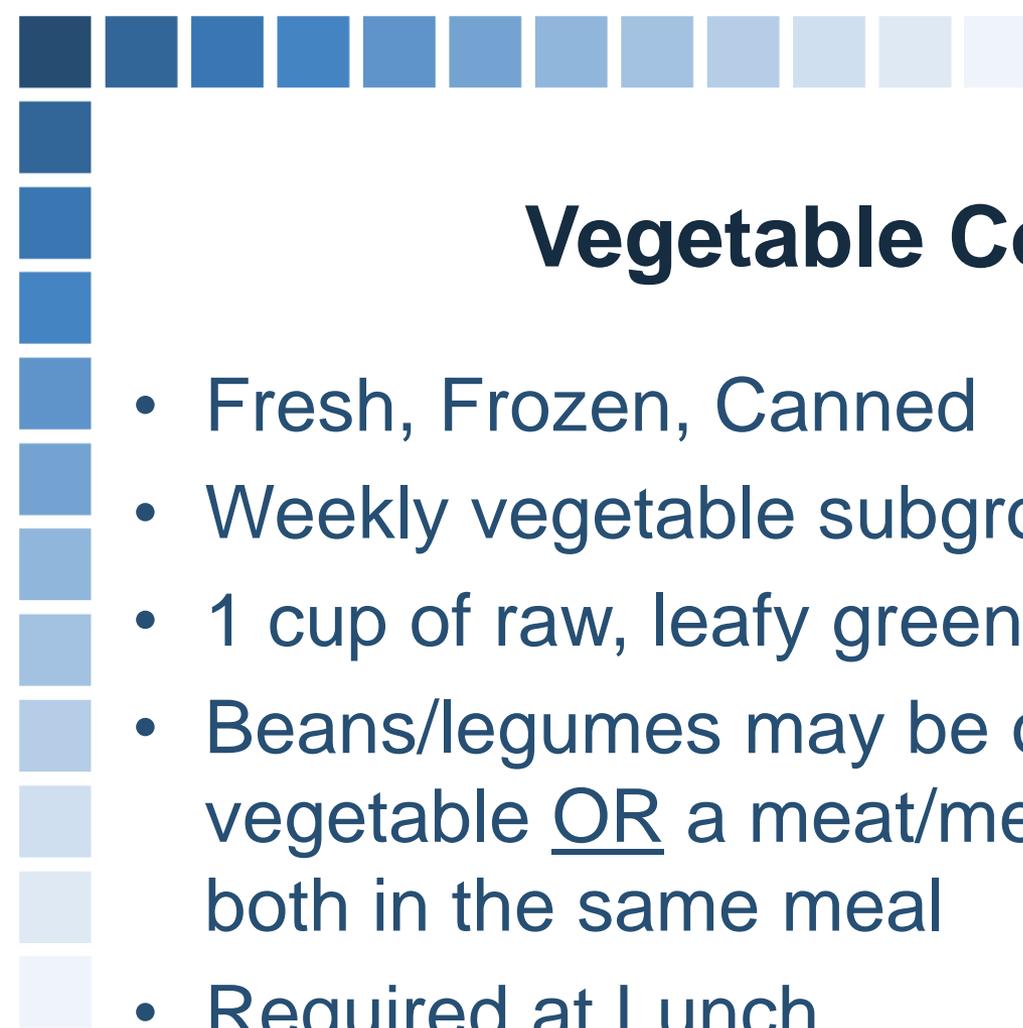
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 cup	5 cups
Grades 6-8	1 cup	5 cups
Grades 9-12	1 cup	5 cups

Fruit Component Activity: Breakfast

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-12	½ cup kiwi ½ cup 100% juice	¼ cup raisins ½ cup 100% juice	½ cup strawberries ½ cup 100% juice	½ cup 100% juice ½ cup 100% juice	¼ cup blueberries ½ cup 100% juice

Review the fruit options offered for breakfast.

Does the amount of fruit offered meet the fruit component criteria for breakfast?



Vegetable Component

- Fresh, Frozen, Canned
- Weekly vegetable subgroup requirements
- 1 cup of raw, leafy greens = $\frac{1}{2}$ cup
- Beans/legumes may be offered as either a vegetable OR a meat/meat alternate but not both in the same meal
- Required at Lunch
- Not required at breakfast, if offered = fruit component

Vegetable Component: Lunch



Vegetables (cups)

	<u>Daily</u>	<u>Weekly</u>
Grades K-5	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 6-8	$\frac{3}{4}$ cup	3 $\frac{3}{4}$ cups
Grades 9-12	1 cup	5 cups

Vegetable Component Activity: Lunch

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
K-5, 6-8	<p>½ cup Carrots</p> <p>½ cup Celery</p>	<p>¼ cup tomatoes</p> <p>½ Cucumber</p>	<p>½ cup corn</p>	<p>½ cup lettuce</p> <p>¼ cup broccoli</p>	<p>¼ cup peas</p> <p>¼ cup carrots</p>
9-12	<p>½ cup Carrots</p> <p>½ cup Celery</p>	<p>½ cup tomatoes</p> <p>½ Cucumber</p>	<p>½ cup corn</p> <p>½ cup beans</p>	<p>½ cup lettuce</p> <p>½ cup broccoli</p>	<p>¼ cup peas</p> <p>½ cup Fries</p>

Review the vegetable options offered for lunch.

Does the amount offered meet the vegetable component criteria for lunch?

Vegetable Subgroups

Subgroup	Examples
<u>Dark Green</u>	Broccoli, romaine lettuce, baby spinach
<u>Red/Orange</u>	Tomatoes, red peppers, orange carrots, sweet potato, winter squash, pumpkin
<u>Beans/Legumes</u>	Kidney beans, lentils, chickpeas, refried beans, hummus, edamame
<u>Starchy</u>	White potato, corn, green peas
Other	Iceberg lettuce, <u>green beans</u> , beets, onions



Vegetable Component

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Vegetables</u> (<i>cups</i>)	$\frac{3}{4}$	$3 \frac{3}{4}$	$\frac{3}{4}$	$3 \frac{3}{4}$	1	5
<u>Dark Green</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Red/Orange</u>		$\frac{3}{4}$		$\frac{3}{4}$		$1 \frac{1}{4}$
<u>Beans/Legumes</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Starchy</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{1}{2}$
<u>Other</u>		$\frac{1}{2}$		$\frac{1}{2}$		$\frac{3}{4}$
<u>Additional Vegetables to Reach Total</u>		1		1		$1 \frac{1}{2}$

Multiple Entrée Choices

- Vegetable subgroups must be offered with all entrée options

Menu

Baked beans with Hot Dogs

Or

PB & J



Weekly Vegetable Subgroups Handout

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture (USDA) National School Lunch Program (NSLP) meal pattern includes five vegetable subgroups that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*.² The chart below identifies some commonly eaten vegetables in each subgroup.

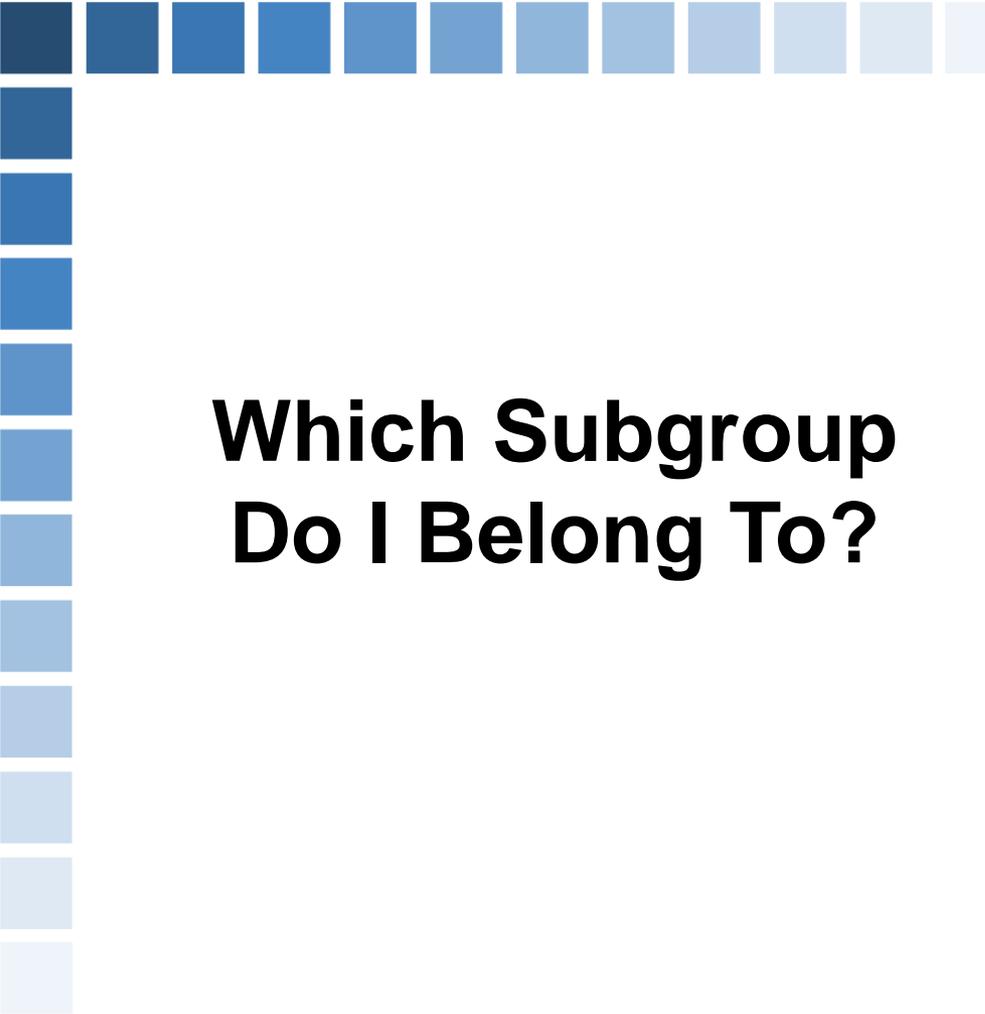
DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none"> ■ arugula ■ beet greens ■ bok choy ■ broccoli ■ broccoli rabe (rapini) ■ broccolini ■ butterhead lettuce ■ collard greens (Boston, bibb) ■ chicory ■ cilantro ■ endive ■ escarole 	<ul style="list-style-type: none"> ■ fiddle heads ■ grape leaves ■ kale ■ mesclun ■ mustard greens ■ parsley ■ spinach ■ Swiss chard ■ red leaf lettuce ■ romaine lettuce ■ turnip greens ■ watercress 	<ul style="list-style-type: none"> ■ acorn squash ■ butternut squash ■ carrots ■ cherry peppers ■ Hubbard squash ■ orange peppers ■ pimientos ■ pumpkin ■ red chili peppers ■ red peppers ■ salsa (all vegetables) ■ sweet potatoes/yams ■ tomatoes ■ tomato juice ■ winter squash 	<ul style="list-style-type: none"> ■ black beans ■ black-eyed peas (mature, dry) ■ cowpeas ■ edamame ■ fava beans ■ garbanzo beans (chickpeas) ■ Great Northern beans ■ kidney beans ■ lentils ■ lima beans, (mature, dry) 	<ul style="list-style-type: none"> ■ mung beans ■ navy beans ■ pink beans ■ pinto beans ■ red beans ■ refried beans ■ soy beans (mature, dry) ■ split peas ■ white beans
STARCHY fresh, frozen and canned		OTHER fresh, frozen and canned		
<ul style="list-style-type: none"> ■ black-eyed peas, fresh (not dry) ■ corn ■ cassava ■ cowpeas, fresh (not dry) ■ field peas, fresh (not dry) ■ green bananas ■ green peas ■ jicama ■ lima beans, green (not dry) ■ parsnips ■ pigeon peas, fresh (not dry) ■ plantains ■ potatoes ■ poi ■ taro ■ water chestnuts ■ yautia (tannier) 	<ul style="list-style-type: none"> ■ artichokes ■ asparagus ■ avocado ■ bamboo shoots ■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung ■ beans, green and yellow ■ beets ■ breadfruit ■ Brussels sprouts ■ cabbage (green, red, celery, Napa) ■ cactus (nopales) ■ cauliflower ■ celeriac ■ celery ■ chayote (mirliton) ■ chives 	<ul style="list-style-type: none"> ■ cucumbers ■ daikon (oriental radish) ■ eggplant ■ fennel ■ garlic ■ green chili peppers ■ green onions (scallions) ■ green peppers ■ horseradish ■ iceberg lettuce ■ kohlrabi ■ leeks ■ mushrooms ■ okra ■ olives ■ onions (white, yellow, red) ■ peas in pod, e.g., snap peas, snow peas ■ pepperoncini 	<ul style="list-style-type: none"> ■ purple peppers ■ pickles (cucumber) ■ radishes ■ rhubarb ■ rutabagas ■ shallots ■ sauerkraut ■ seaweed ■ snap peas ■ snow peas ■ spaghetti squash ■ tomatillo ■ turnips ■ wax beans ■ yellow peppers ■ yellow summer squash ■ zucchini squash 	

¹ All vegetables credit based on volume except raw leafy greens count as half the volume served and tomato paste and puree credit based on the volume as if reconstituted (see the USDA's *Food Buying Guide for School Meal Programs*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

² For more information, see the *Dietary Guidelines*, and the [vegetables group](#) in Choose MyPlate.



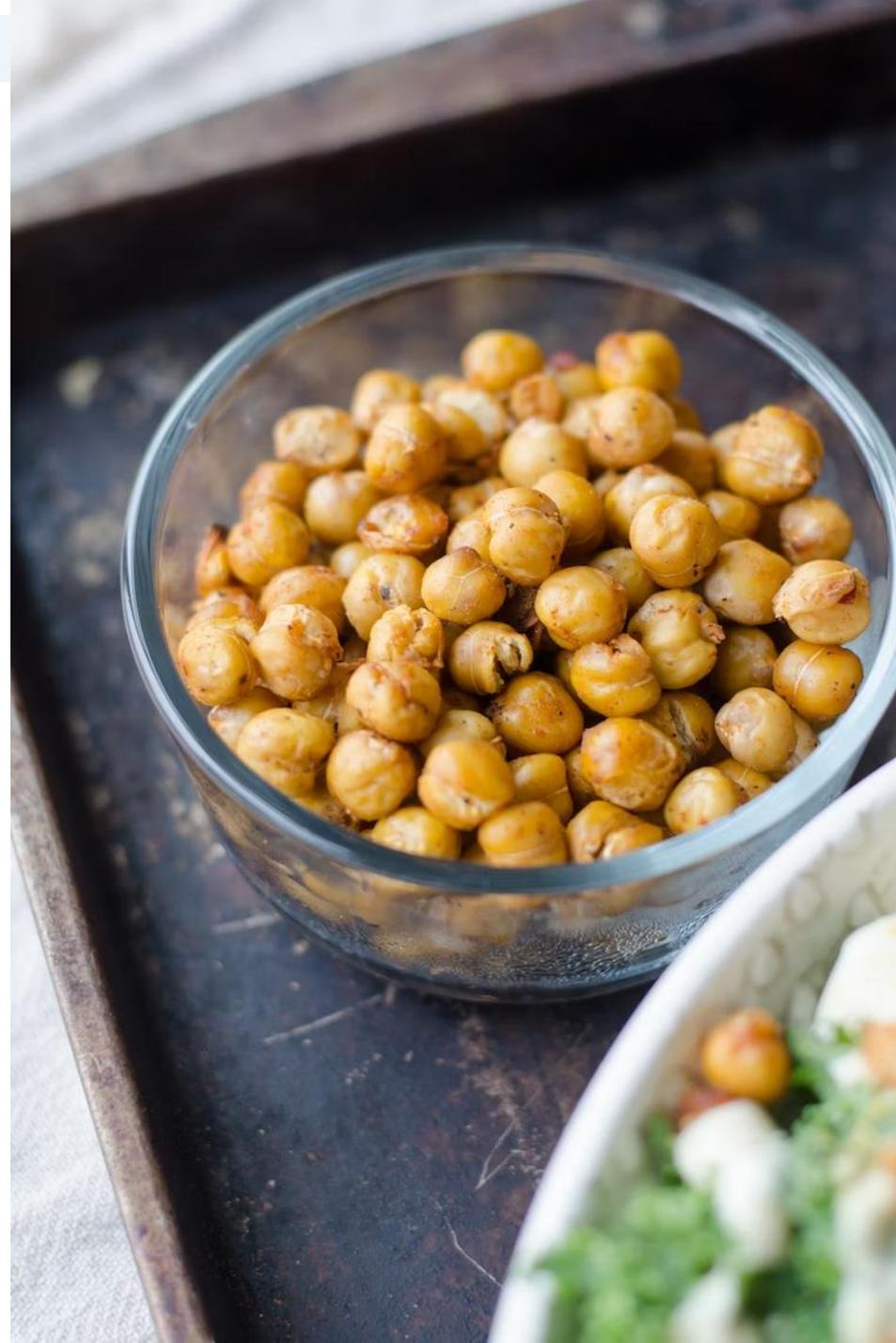
**Which Subgroup
Do I Belong To?**



Which Subgroup Do I Belong To?

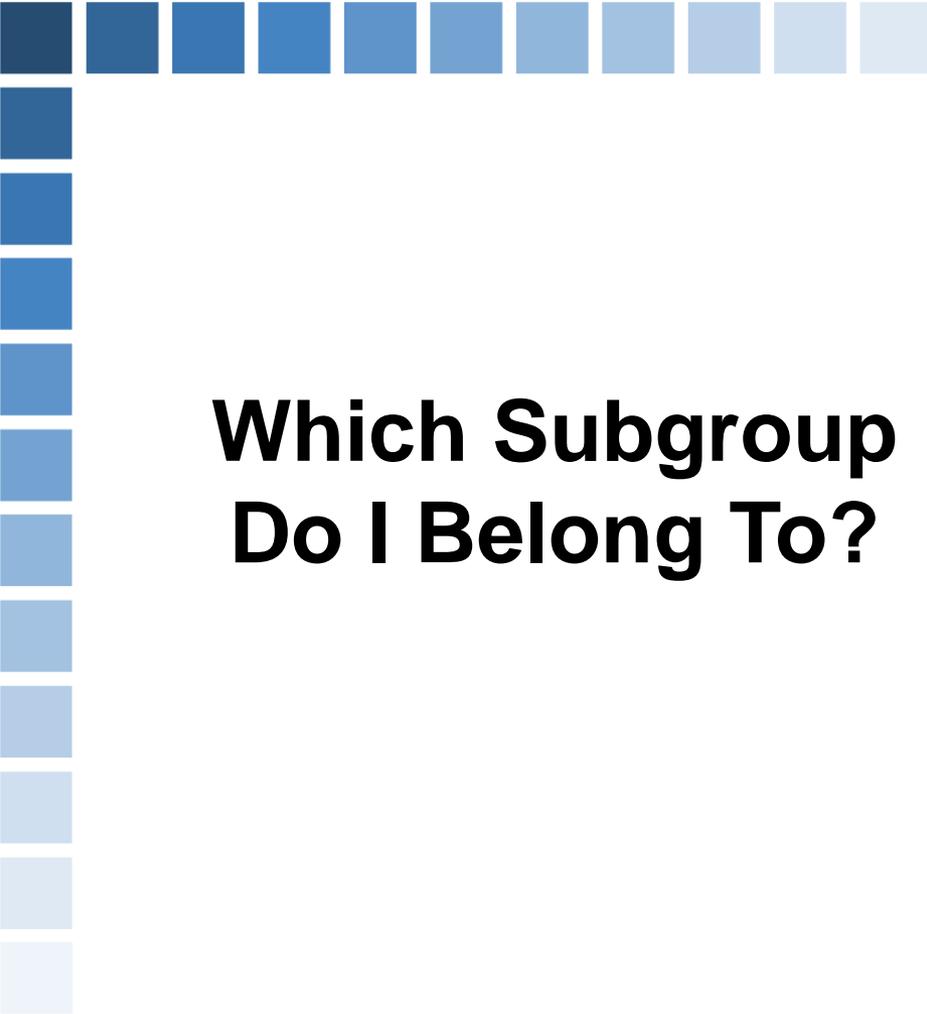


Which Subgroup Do I Belong To?

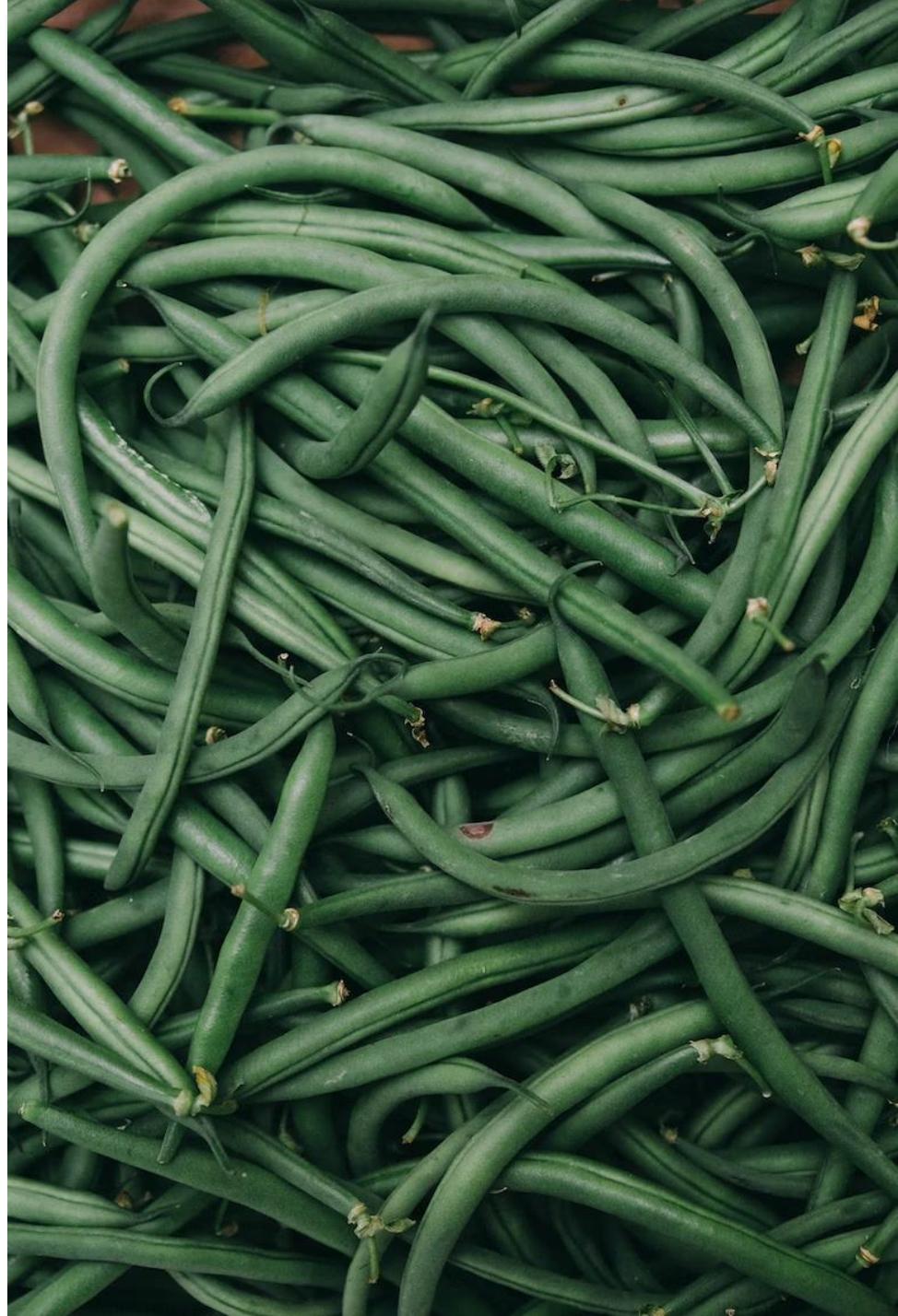


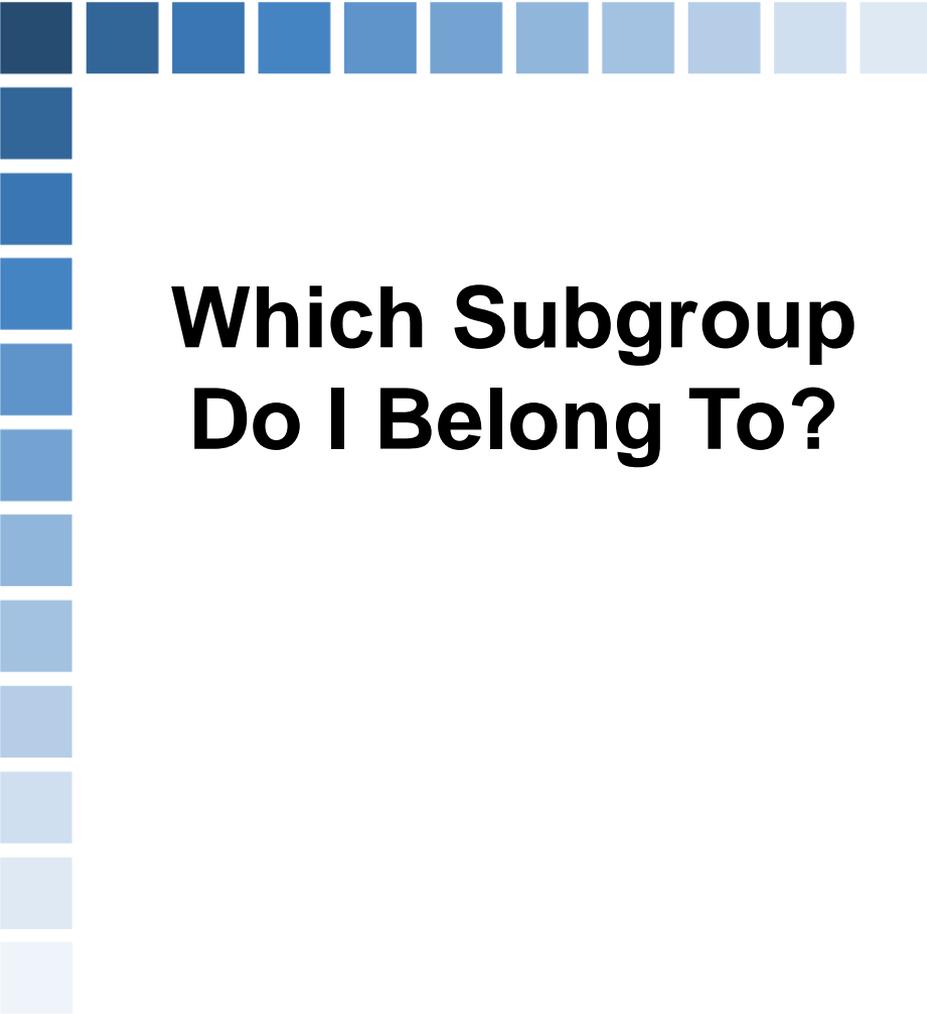
Which Subgroup Do I Belong To?





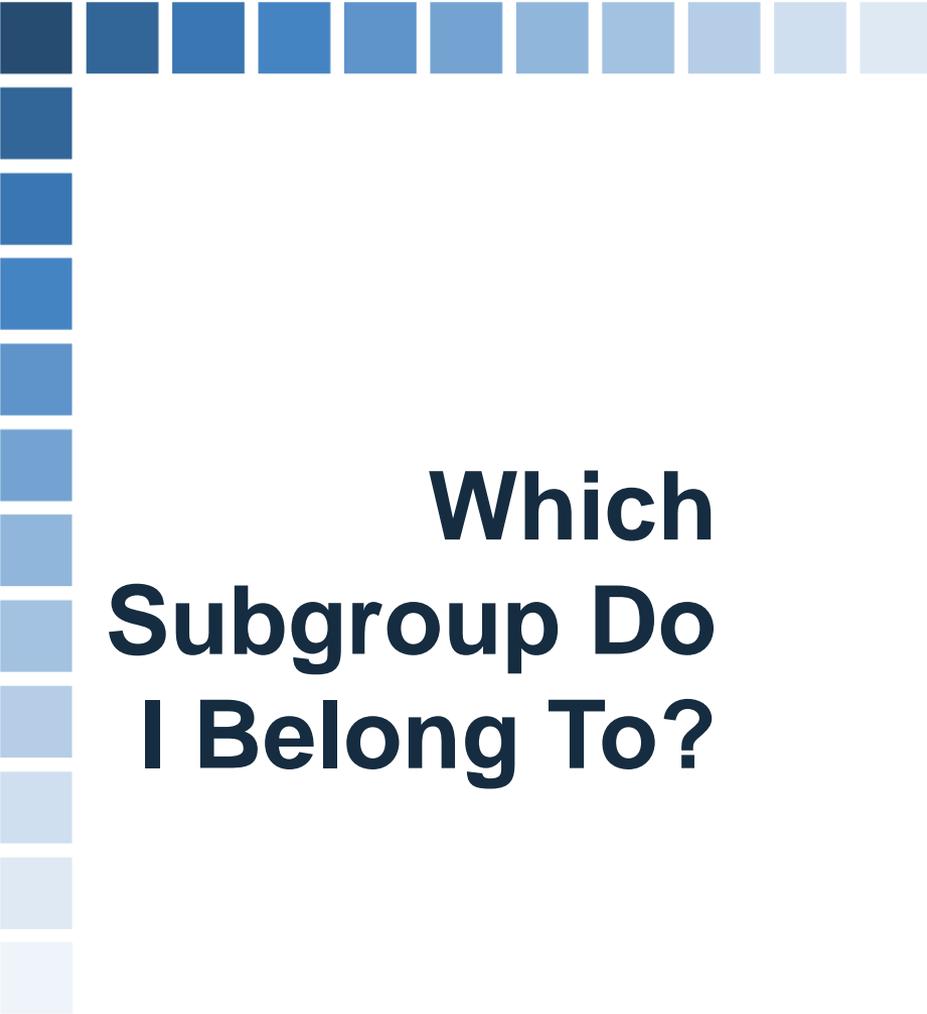
Which Subgroup Do I Belong To?





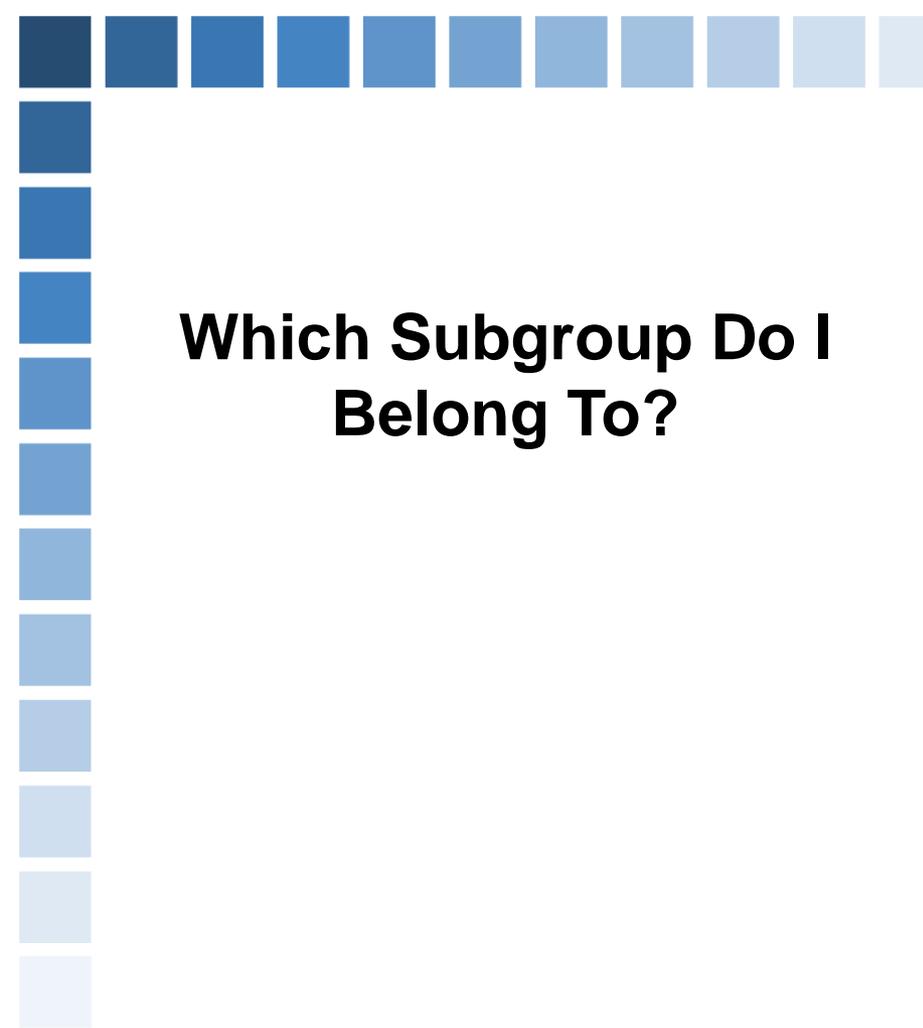
Which Subgroup Do I Belong To?





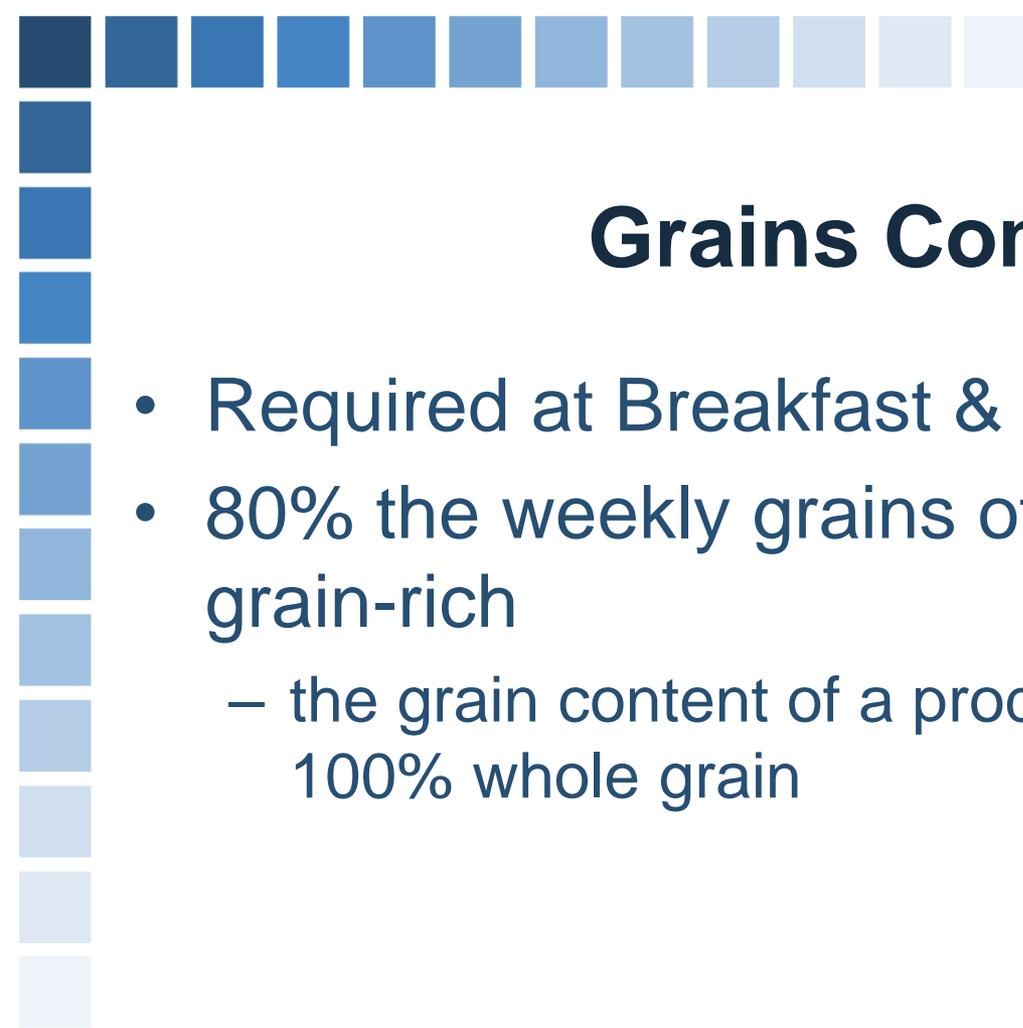
Which Subgroup Do I Belong To?





Which Subgroup Do I Belong To?





Grains Component

- Required at Breakfast & Lunch
- 80% the weekly grains offered must be whole grain-rich
 - the grain content of a product is between 50% and 100% whole grain

INGREDIENTS: WHOLE WHEAT, ROLLED OATS, MILLED CORN, RICE, ROLLED BARLEY, SUGAR, FANCY MOLASSES, VEGETABLE OIL, SALT, BARLEY MALT SYRUP, HONEY, VITAMINS (THIAMIN HYDROCHLORIDE, NIACINAMIDE, d-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID), MINERALS (IRON, ZINC OXIDE), SOY LECITHIN, BHT. **CONTAINS WHEAT AND SOY INGREDIENTS.**

Whole Grain Rich

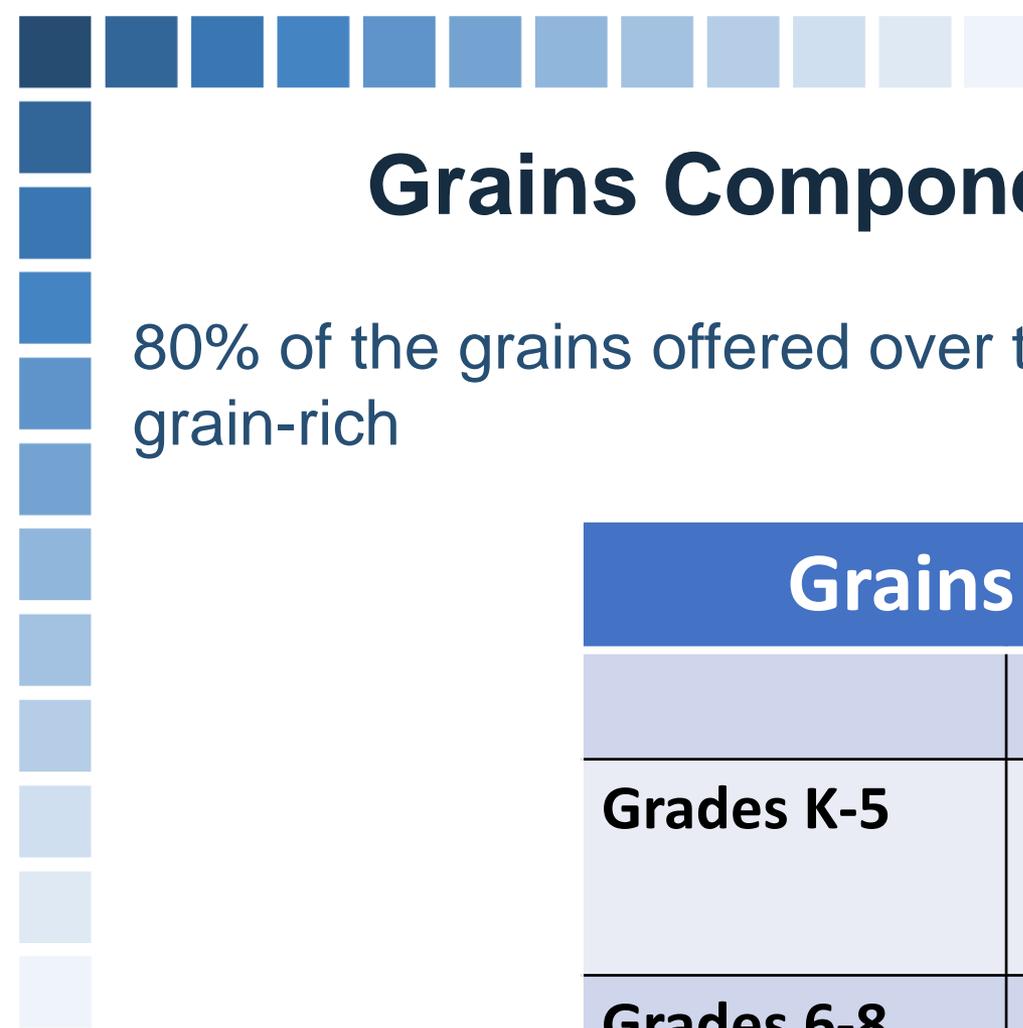
- Check labels carefully!
 - First ingredient listed: whole grain ingredient, such as “whole grain” or “whole wheat” OR
 - First ingredient listed: “water”, then whole grain ingredient



Grains Component: Lunch

- 80% of the grains offered over the week must be whole grain-rich

Grains (ounce equivalent)		
	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	2 oz eq	8 oz eq



Grains Component: Breakfast

80% of the grains offered over the week must be whole grain-rich

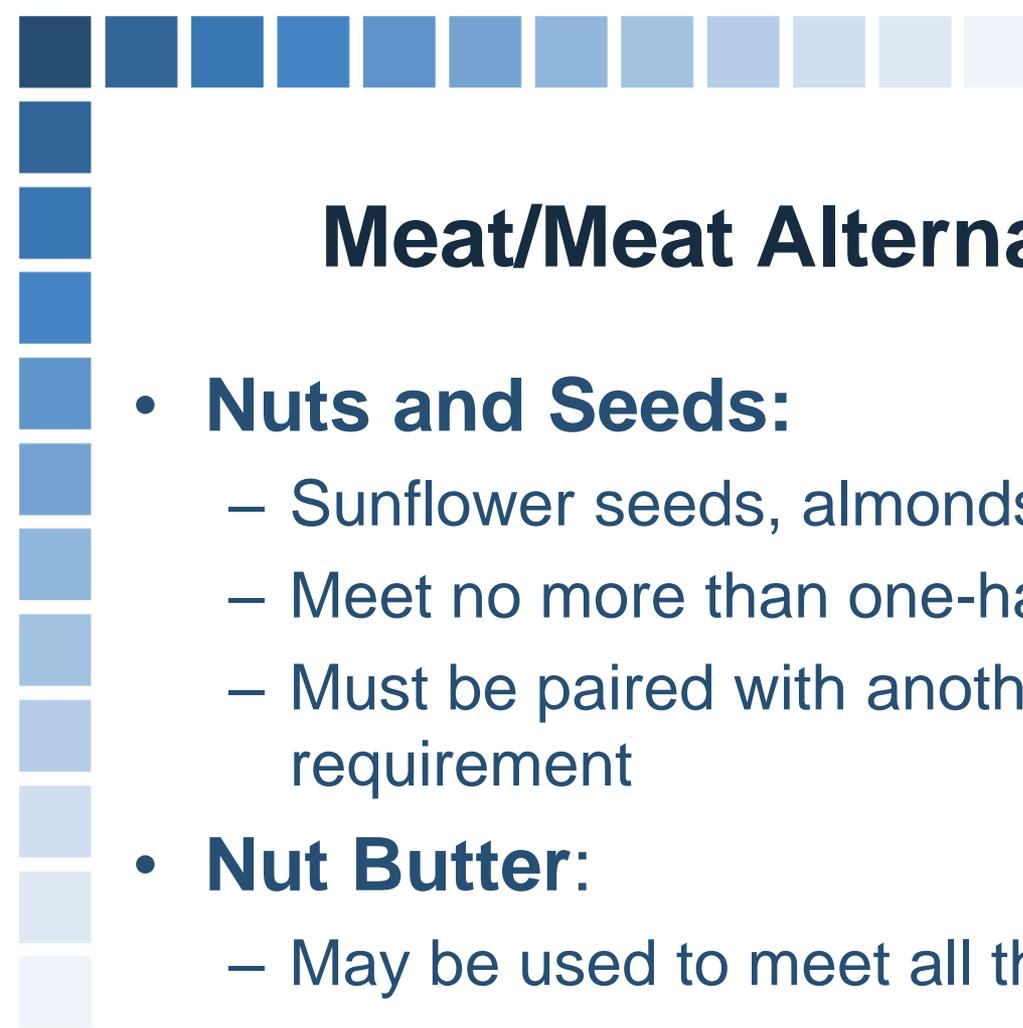
Grains (ounce equivalent)

	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	7 oz eq
Grades 6-8	1 oz eq	8 oz eq
Grades 9-12	1 oz eq	9 oz eq

Meat/Meat Alternate Component

- **Beef, Fish, Poultry:** 1 ounce cooked, skinless, unbreaded, unprocessed equals 1 ounce equivalent
- Processed – need crediting documentation





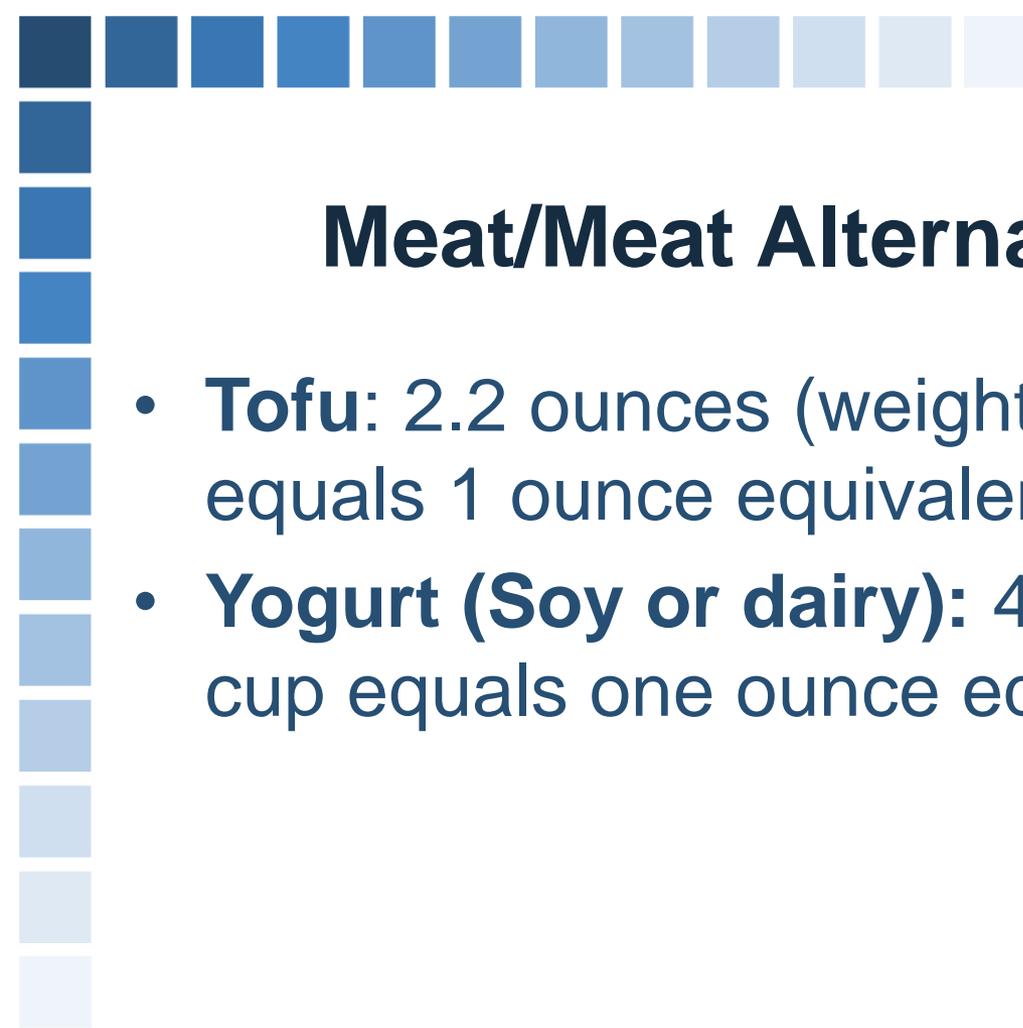
Meat/Meat Alternate Component

- **Nuts and Seeds:**

- Sunflower seeds, almonds, walnuts, hazelnuts
- Meet no more than one-half of the MMA component
- Must be paired with another MMA to meet the full requirement

- **Nut Butter:**

- May be used to meet all the MMA component
- two tablespoons equals 1 ounce equivalent



Meat/Meat Alternate Component

- **Tofu:** 2.2 ounces (weight) with 5 grams protein+ equals 1 ounce equivalent
- **Yogurt (Soy or dairy):** 4 ounces (weight) or $\frac{1}{2}$ cup equals one ounce equivalent

Meat/Meat Alternate Component

- **Cheese:** 1 ounce portion of cheese equals 1-ounce equivalent MMA
- **Egg:** 1 large egg equals a 2-ounce equivalent MMA



Meat/Meat Alternate Component

- **Beans:**

- May count as either MMA or a vegetable but not both!
- Determined by the menu planner
- ½ cup cooked beans equals 1 oz MMA
- Dry or mature bean is a legume
- Immature or fresh is a starchy vegetable (lima beans, green peas)



Meat/Meat Alternate – Ounce Equivalents

1 Ounce Equivalent

1 ounce Cheese

2 Tbsp Peanut/Nut butter

1.6 ounces Deli Turkey

1.2 ounces Deli Ham

4 ounces Yogurt

2 oz

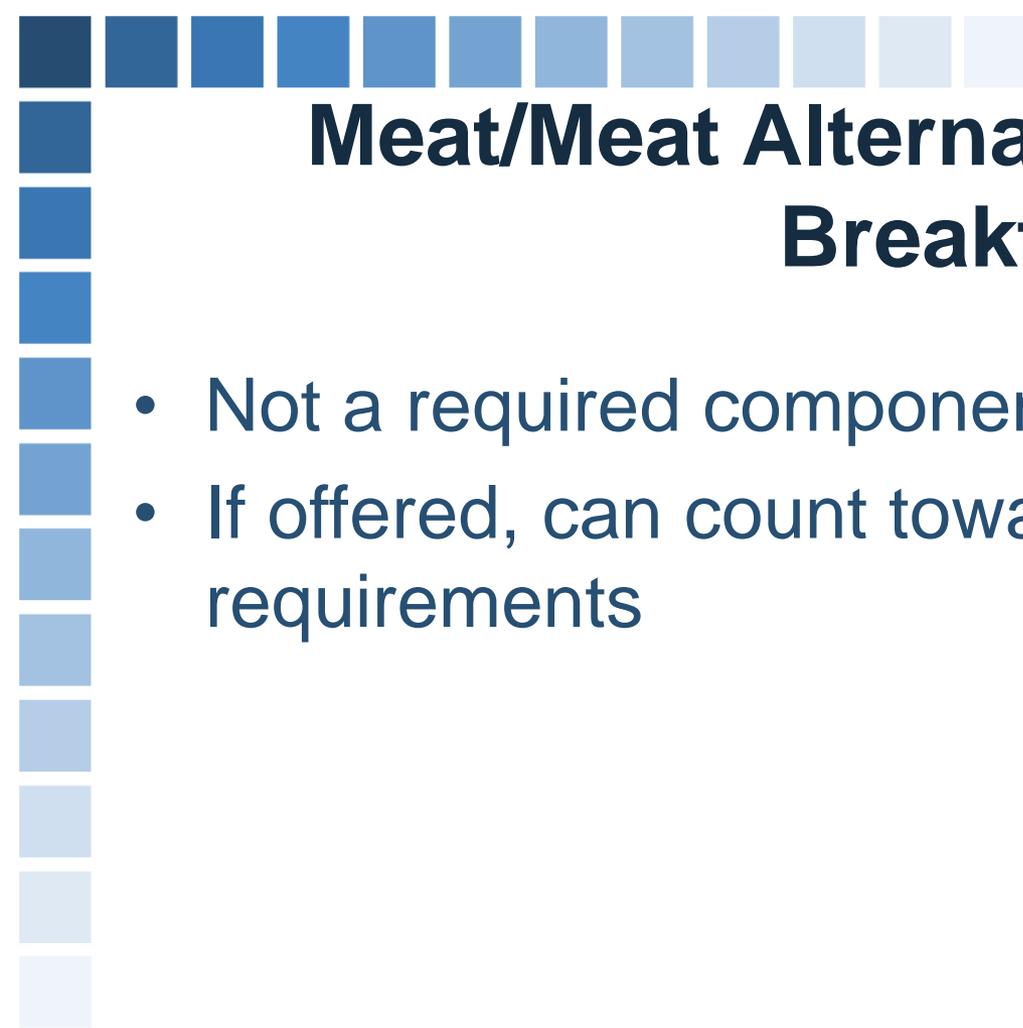


2 oz eq

Meat/Meat Alternate Component: Lunch

M/MA (ounce equivalent)

	<u>Daily</u>	<u>Weekly</u>
Grades K-5	1 oz eq	8 oz eq
Grades 6-8	1 oz eq	9 oz eq
Grades 9-12	2 oz eq	10 oz eq



Meat/Meat Alternate Component: Breakfast

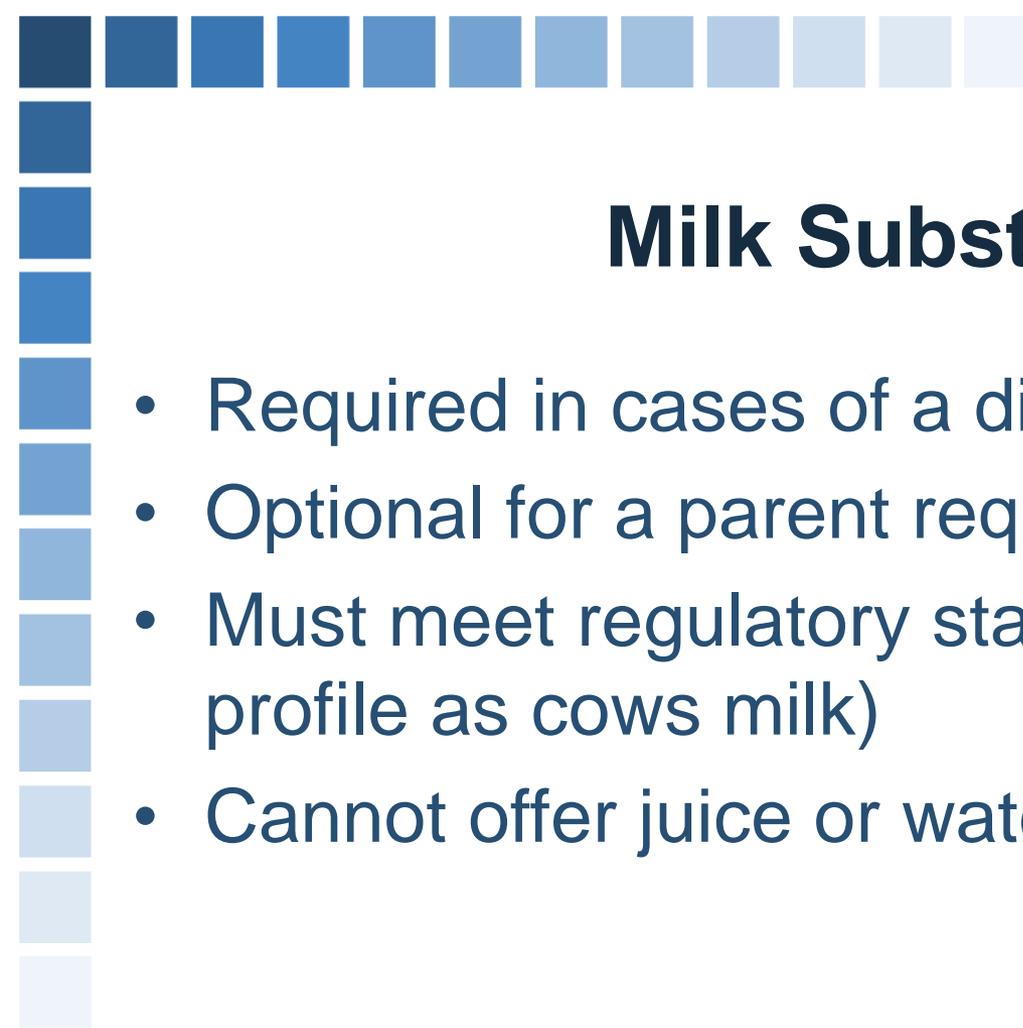
- Not a required component to be offered
- If offered, can count towards the weekly grain requirements

Fluid Milk Component



- Required at Breakfast & Lunch
- Must offer a “**variety**” of milk
 - at least 2 different types at meal service
- Low-fat or fat free flavored/unflavored

Food Component	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Fluid Milk (cups)</u>	1 cup	5 cups	1 cup	5 cups	1 cup	5 cups



Milk Substitutions

- Required in cases of a disability accommodation
- Optional for a parent request
- Must meet regulatory standards (same nutrient profile as cows milk)
- Cannot offer juice or water in place of milk

Non-Creditable “Extra” Foods

Offered in addition to the reimbursable meal

Not credited as a food component

Are included in the weekly diet specifications analysis

- Cream Cheese
- Bacon
- Salami
- Potato chips
- Condiments



Water

- Free, potable water must be available during meal service (breakfast & lunch)
 - ✓ Water fountain
 - ✓ Cambro with water & paper cups
 - ✗ Bottled water
- Cannot promote water as an alternative to milk



Offer Versus Serve Concept





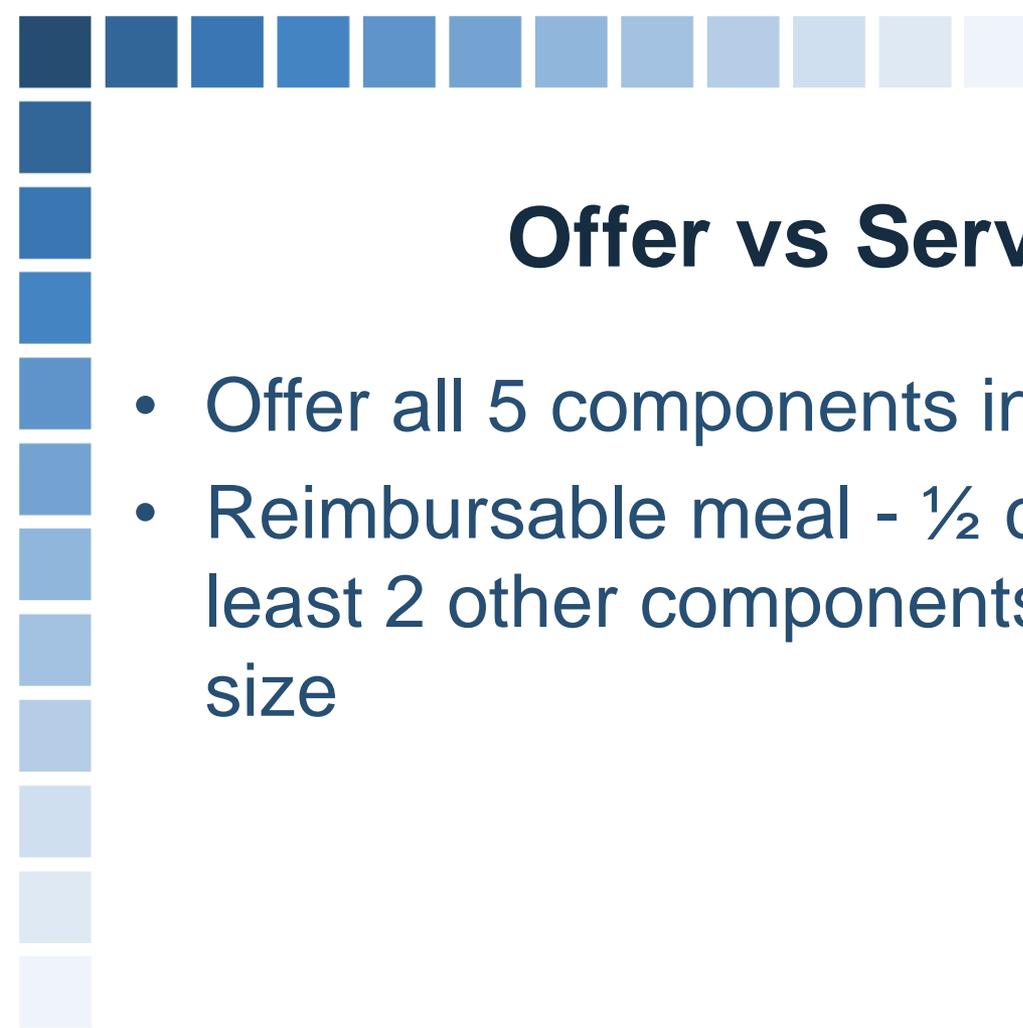
Offer vs Serve

- **Offer:** Menu planned & food is offered in full serving sizes
- **Serve:** Students must take a minimum amount of food including at least a **½ cup of fruit or vegetable** on their tray.
- **If a student does not take a ½ cup of fruit/vegetable with two other components, then the meal is NOT reimbursable**



Offer vs Serve

- Required at 9-12 for NSLP
- Optional at K-5, 6-8 grades for NSLP
- Optional at K-5, 6-8, 9-12 for SBP



Offer vs Serve: LUNCH

- Offer all 5 components in full serving sizes
- Reimbursable meal - $\frac{1}{2}$ cup fruit/veg AND at least 2 other components in their full serving size

Offer vs Serve With Fruits & Vegetables

- High School Student Selects (LUNCH):

½ cup
vegetable

½ cup
fruit

2 oz eq
Grain



Not Reimbursable

✓ ½ cup veg or fruit

✗ Other veg/fruit not
full serving

✓ Grain – full serving

Offer vs Serve With Fruits & Vegetables

- High School Student Selects (LUNCH):

1 cup Milk

2 oz eq
MMA

2 oz eq
Grain



Not Reimbursable

✓ 3 components in
full serving size for
HS

✗ ½ cup veg/fruit not
selected

Offer vs Serve With Fruits & Vegetables (Lunch)

- High School Student Selects (LUNCH):

½ cup
vegetable

1 cup
fruit

2 oz eq
Grain



Reimbursable!

✓ ½ cup veg or fruit

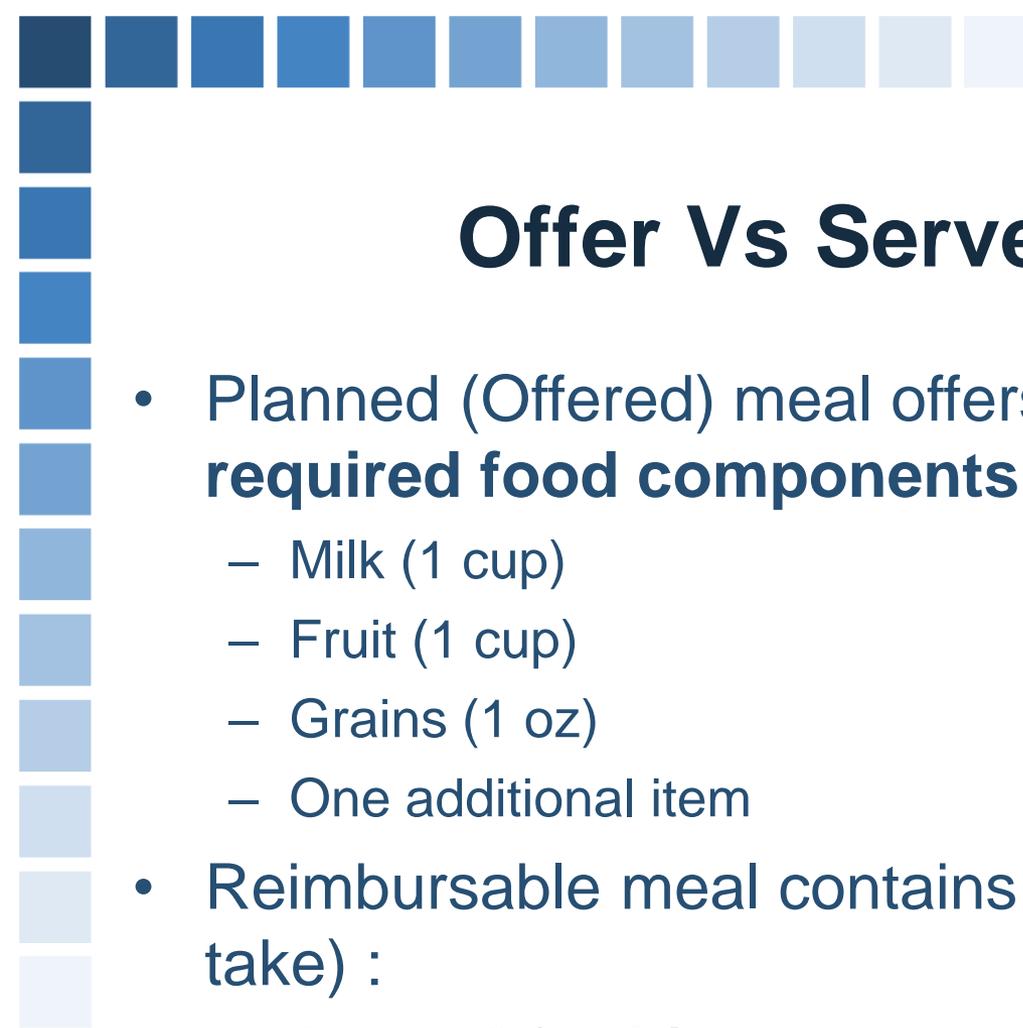
✓ 2 other

components in full
serving size

Field Trip Bag Lunch

- Must follow meal pattern requirements
- All 5 meal components must be offered
 - **Milk** (8 oz)
 - **Fruit** (1/2 cup/1 cup)
 - **Vegetables** (3/4 cup/1 cup)
 - **Grains** (1 oz eq / 2 oz eq)
 - **M/MA** (1 oz eq / 2 oz eq)





Offer Vs Serve: Breakfast

- Planned (Offered) meal offers **4 *items*** from the **3 required food components** in full serving size
 - Milk (1 cup)
 - Fruit (1 cup)
 - Grains (1 oz)
 - One additional item
- Reimbursable meal contains (what the student must take) :
 - At least **3 food items**
 - At least a **½ cup fruit/vegetable**



Offer Vs Serve with Fruit (Breakfast)

- 1 cup of fruit must be offered at breakfast – a student may take $\frac{1}{2}$ cup fruit and it counts as 1 item

Planned (Offered) Meal:

- 1 oz. Grain
- $\frac{1}{2}$ cup Fruit
- $\frac{1}{2}$ cup Fruit (of a different variety)
- 1 cup Milk

Selected (Served) Meal:

- 1 oz. Grain
- $\frac{1}{2}$ cup of Fruit
- 1 Cup Milk

Offer Versus Serve - Items



1 Item

1 oz grain eq

Offer Versus Serve - Items



1 oz grain eq

+

1 oz grain eq

Foods With More Than 1 Oz Eq

Larger foods can count as more than one item.



**2 oz eq bagel = 2 food items
(grains)**



**3 oz eq bagel = 3 food items
(grains)**

Combination Foods

Combination foods can count as more than 1 item.



2 oz eq Grain +
2 oz eq M/MA =
4 food items



1 oz eq Grain +
1 oz eq M/MA
=
2 food items

Identifying a Reimbursable Breakfast at Point of Service

- ✓ Is there $\frac{1}{2}$ cup fruit?
- ✓ Are there at least 2 other *items*?





Summary of OvS at Breakfast

Must offer 4 food items from 3 food components

Option A

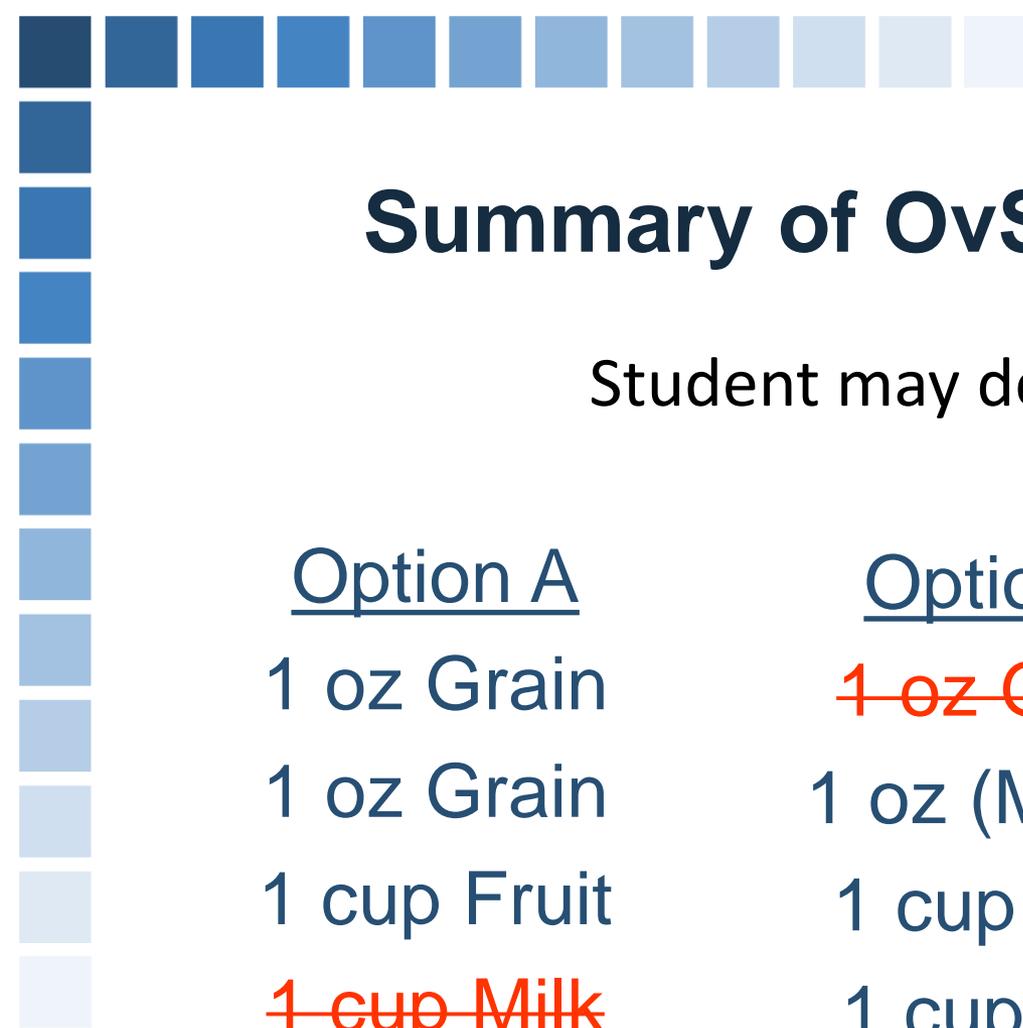
1 oz Grain
1 oz Grain
1 cup Fruit
1 cup Milk

Option B

1 oz Grain
1 oz (M/MA)
1 cup Fruit
1 cup Milk

Option C

1 oz Grain
½ cup Fruit
½ cup Fruit
1 cup Milk



Summary of OvS at Breakfast

Student may decline 1 item

Option A

1 oz Grain

1 oz Grain

1 cup Fruit

~~1 cup Milk~~

Option B

~~1 oz Grain~~

1 oz (M/MA)

1 cup Fruit

1 cup Milk

Option C

1 oz Grain

~~1/2 cup Fruit~~

1/2 cup Fruit

1 cup Milk

OVS Tip Sheets from USDA

USDA United States Department of Agriculture
Food and Nutrition Service

OFFER VERSUS SERVE (OVS) Tip Sheet for School Food Service Managers

National School Lunch Program

What is OVS?

The goal of OVS is to reduce food waste and allow students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, lunch lines move smoothly, allowing students to make the most of the lunch break and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Schools must offer all five food components in at least the minimum required quantities:

- A **food component** is one of five required food groups in reimbursable lunches. These are meats/meat alternates, grains, fruits, vegetables, and fluid milk.
- A **food item** is a specific food offered within the five food components. For example, spaghetti (whole grain-rich pasta with tomato sauce) is one food item that contains a grain and a vegetable component.

Under OVS, students must select **three meal components** to ensure they get the nutritional benefits of a meal. OVS is required for lunches served in high schools, but is optional in middle and elementary schools. OVS is not required for meals offered as part of field trips or for any other meals served away from the school campus.

The required five food components must be offered for school lunch. Students must select at least three of the five required food components, including at least ½ cup of fruit and/or vegetable, to have a reimbursable lunch. See the **Required Food Components** table for a listing of required food components and their minimum quantities that must be offered. Meats/meat alternates and grains are measured in ounce equivalents (oz eq) and are considered the amount of food product that is equal to 1 ounce).

Required Food Component	Daily Minimum Requirements for Each Grade Level			
	K-5	6-8	K-8	9-12
Vegetables	¾ cup	¾ cup	¾ cup	1 cup
Fruits	½ cup	½ cup	½ cup	1 cup
Grains	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Meats/Meat Alternates	1 oz eq	1 oz eq	1 oz eq	2 oz eq
Fluid Milk*	1 cup	1 cup	1 cup	1 cup

Is it Reimbursable?

Use this simple checklist to determine if student lunches are reimbursable under OVS:

- Does the meal offered to students include the minimum required amounts of vegetables, fruits, grains, meats/meat alternates, and fluid milk?
- Does the meal selected by the student contain at least three components, including at least ½ cup fruit and/or vegetable?

If the answer to each of these questions is yes, then the school lunch is reimbursable under OVS.
*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

USDA United States Department of Agriculture
Food and Nutrition Service

OFFER VERSUS SERVE (OVS) Tip Sheet for School Food Service Managers

School Breakfast Program

What is OVS?

The goal of OVS is to reduce food waste while allowing students to choose the foods they want to eat. Everyone plays a role. When students and cafeteria staff understand OVS, breakfast lines move smoothly, allowing students to make the most of meal time and enjoy the wholesome and appealing foods they are served. It also helps reduce overall food costs.

Under OVS at breakfast, schools must offer at least four food items from the three required food components (fruit, grains, and fluid milk*):

- A **food component** is one of three required food groups in a reimbursable breakfast. These are fruits, grains, and fluid milk*.
- A **food item** is a specific food offered within the three food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS breakfast requirements because three food components and four food items are offered.

Students must select at least three of the four offered food items under OVS at breakfast, including at least ½ cup of fruit and/or vegetable. Please note, OVS is optional at breakfast for all grade levels.

Required Components at Breakfast

Fruit
1 cup

Grains
1 ounce equivalent (oz eq)

Fluid Milk*
1 cup

Sample OVS breakfast menu:

- Variety of milk*: fat free or low-fat (1 cup milk)
- Slice of whole grain-rich toast (1 oz eq grain)
- Whole grain-rich cereal (1 oz eq grain)
- Orange slices (1 cup fruit)

Optional Components at Breakfast

Vegetables

- Vegetables may be offered as a substitute for fruits.

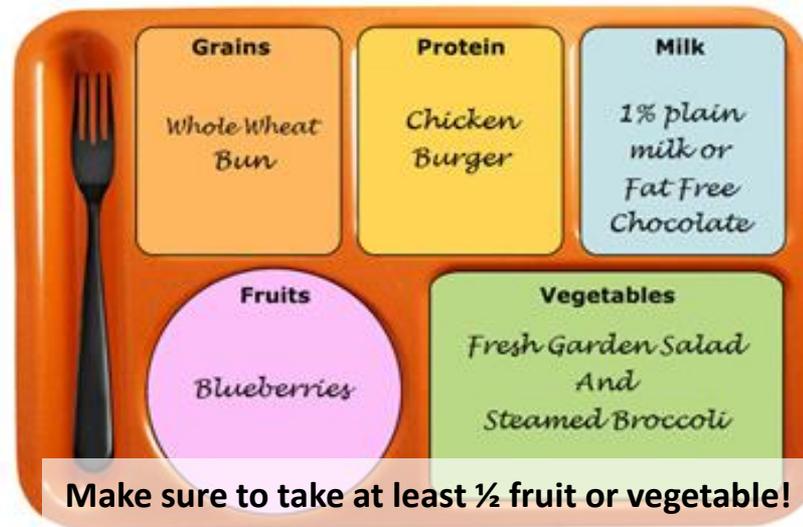
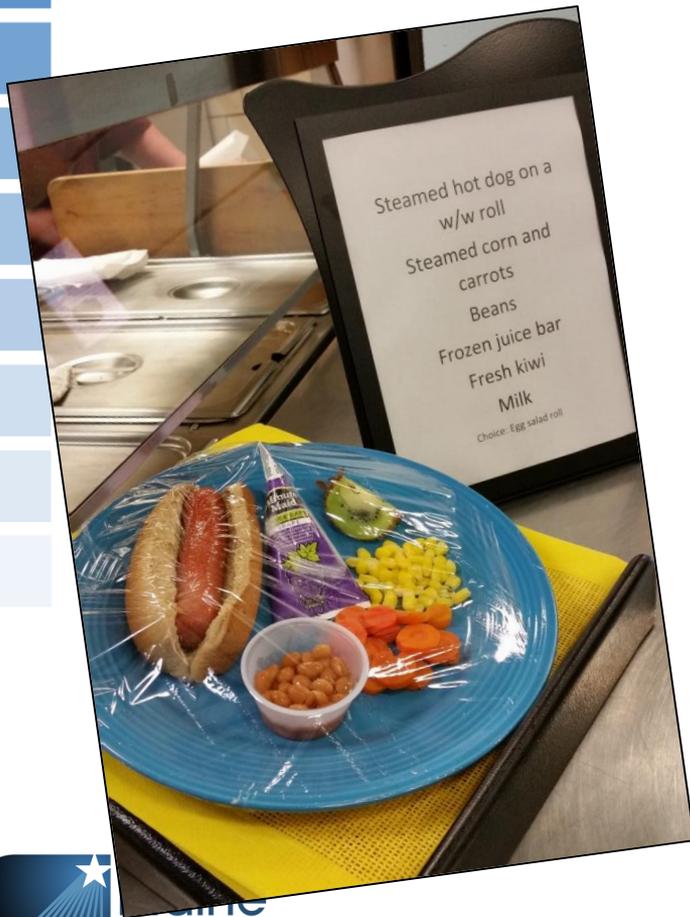
Meats/Meat Alternates

- A meat/meat alternate may be served to meet the weekly grain requirement, as long as a 1 oz eq minimum of grains is offered daily.
- A meat/meat alternate may also be offered as an "extra" food (not credited toward meal pattern requirements) if a reimbursable meal is selected.

*Water does not count as one of the three required food components and cannot be served as a substitute for milk.

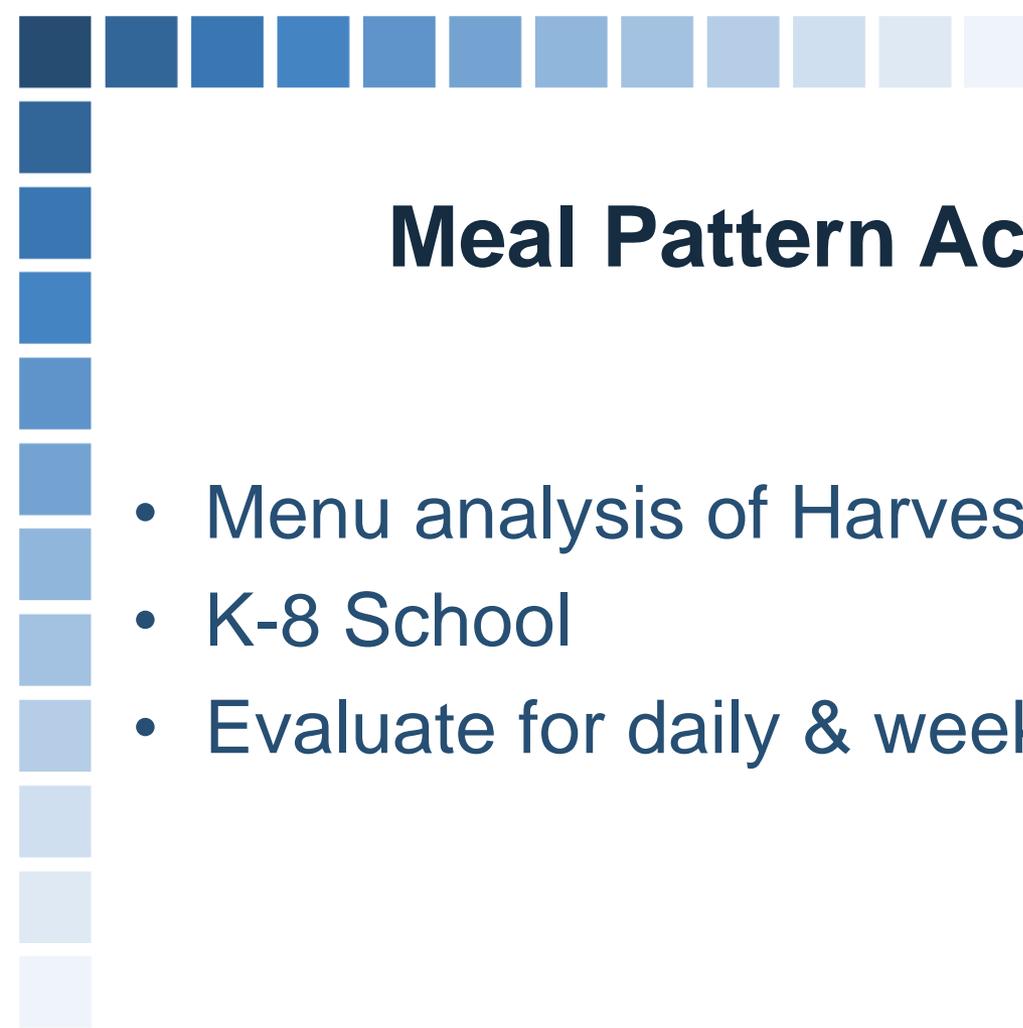
Meal Signage

Must identify all foods that are part of a reimbursable meal before the serving line



Meal Signage- RSU 18





Meal Pattern Activity - Lunch

- Menu analysis of Harvest Elementary School
- K-8 School
- Evaluate for daily & weekly requirements

Harvest Elementary School Café
Lunch Menu
K-8

Daily Choice:
Sunbutter & Jelly Sandwich

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Hamburger (2 oz eq M/MA)	Whole Grain Pasta (1 cup)	<i>Bag Lunch</i> Sun Butter & Jelly on WG Bread (2T = 1 M/MA & 2 oz eq G)	Grilled Cheese on Whole Grain Bread (1 oz M/MA & 2 oz eq Grain)	<i>Brunch for Lunch</i> WG French Toast Sticks (1.5 oz eq G)
Whole Grain Bun (1.5 oz eq G)	Tomato Sauce (1/2 cup)			Sausage Patty (2 oz = .75 M/MA)
Sweet Potato Oven Fries (1/4 cup)	Caesar Salad (1 cup)	Carrot Sticks (1/2 cup)	Black Bean & Corn Salad (1/2 cup)	Potato Wedges (1/2 Cup)
Green Beans (1/4 cup)	Orange Wedges (1/2 cup)	Apple (1/2 cup)	Celery Sticks (1/2 cup)	Mandarin Oranges (1/2 cup)
Apple Slices (1/2 Cup)	Chilled Peaches (1/2 cup)	100% Juice (4 oz)	Chilled Pears (1/4 cup)	100% Juice (1/2 cup)
1% White Milk – 8 oz	1% White Milk – 8 oz	WG Cookie (1 oz eq Grain)	1% White Milk – 8 oz	1% White Milk – 8 oz
FF Choc. Milk – 8 oz	FF Choc. Milk – 8 oz		FF Choc. Milk – 8 oz	FF Choc. Milk – 8 oz
	? M/MA	? Milk choices		



Weekly Requirements for Lunch

M/MA (9 oz)

YES

NO

Grain (8 oz)

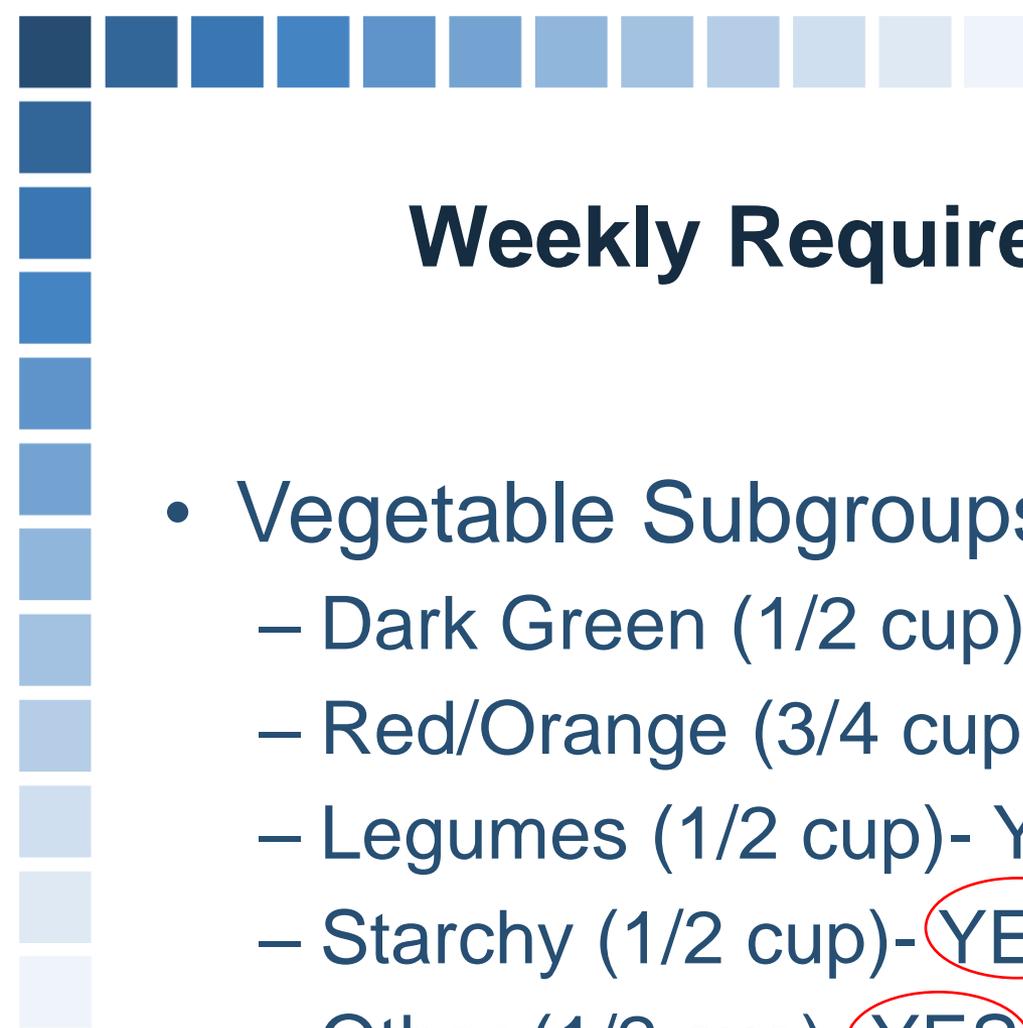
YES

NO

Vegetables (3 $\frac{3}{4}$ cups)

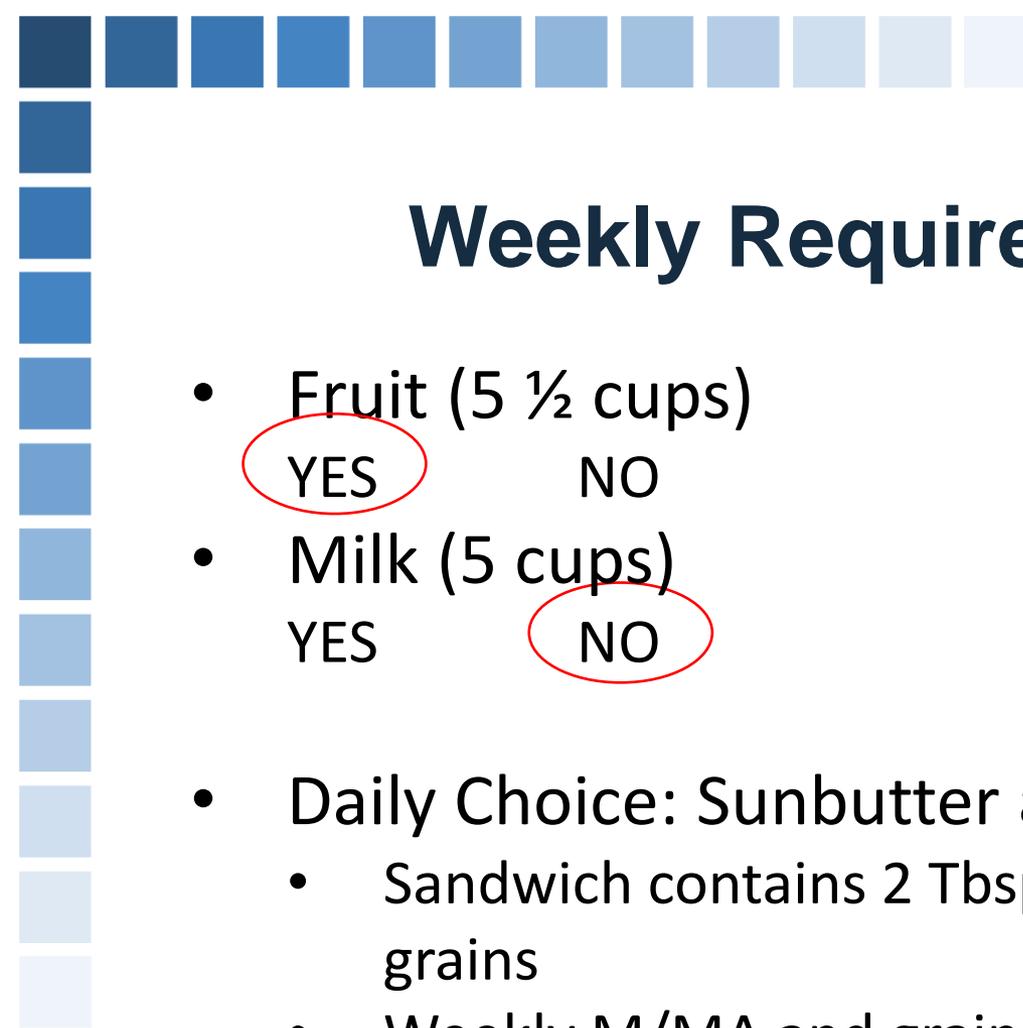
YES

NO



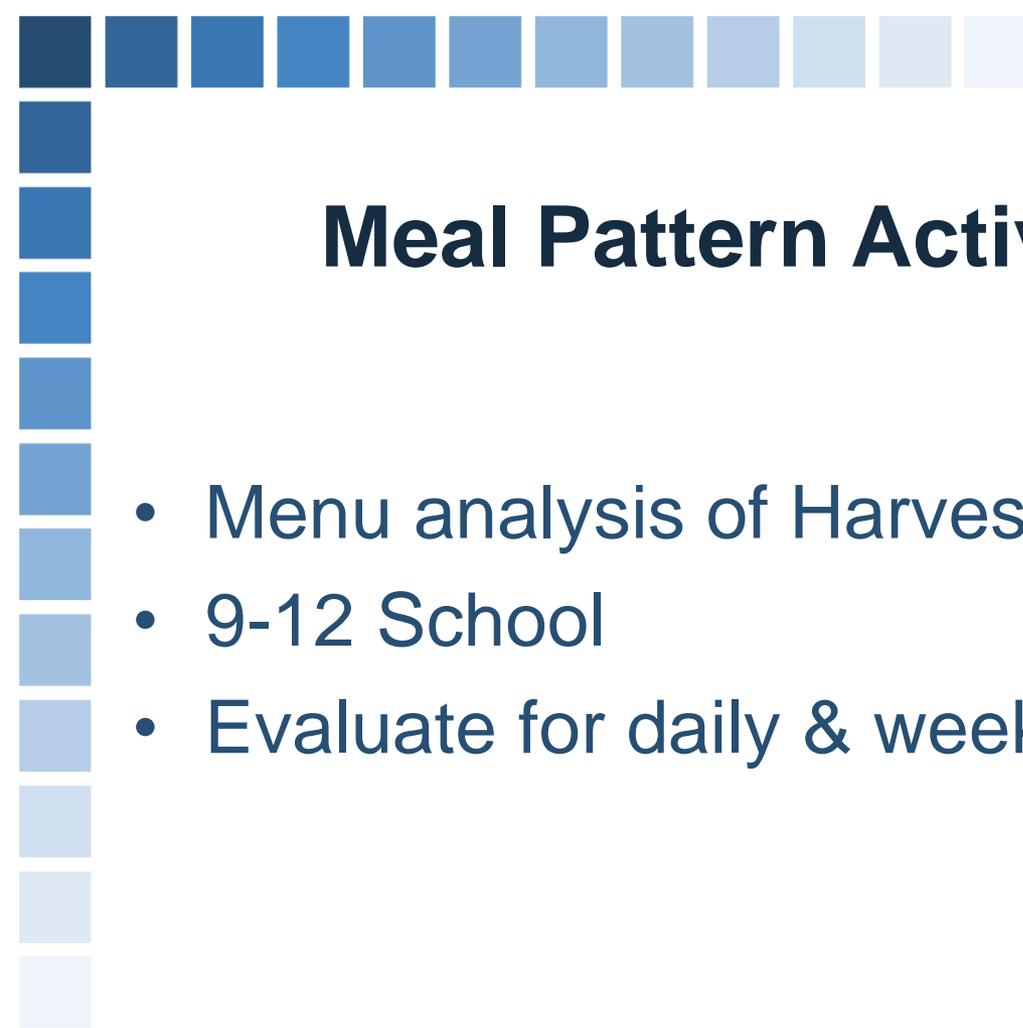
Weekly Requirements Cont.

- Vegetable Subgroups:
 - Dark Green (1/2 cup)- YES NO
 - Red/Orange (3/4 cup)- YES NO
 - Legumes (1/2 cup)- YES NO
 - Starchy (1/2 cup)- YES NO
 - Other (1/2 cup)- YES NO



Weekly Requirements Cont.

- Fruit (5 ½ cups)
YES NO
- Milk (5 cups)
YES NO
- Daily Choice: Sunbutter and Jelly
 - Sandwich contains 2 Tbsp sunbutter (1 M/MA) and 2 oz grains
 - Weekly M/MA and grain met?



Meal Pattern Activity - Breakfast

- Menu analysis of Harvest High School
- 9-12 School
- Evaluate for daily & weekly requirements

Harvest High School Café Breakfast Menu 9-12

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Were the Weekly Requirements met?</u>
Whole Grain Cereal (1 oz eq Grain) Whole Grain Toast (1 oz eq Grain) Banana (1/2 Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Breakfast Sandwich (2 oz eq English muffin 1 oz eq sausage patty 1 oz eq egg patty) Dried Cranberries (¼ Cup) Assorted 100% Juice (1/2 Cup) 	Hard Boiled Egg on a Stick (1 egg= 2 oz eq M/MA) Cheese stick (1 oz eq M/MA) Fresh Maine Apple (½ Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz No Grain	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA) 1% White Milk - 8 oz	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA) Home Fries (1/2 Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Grain (9 oz eq)? YES NO Fruit (5 cup)? YES NO Milk (5 cup)? YES NO

Questions?

